

ADEL

JANUARY 2024

# Living

MAGAZINE

# Class ACT

**Residents share why they  
continue to expand their  
horizons through learning**

**Meet Hannah Mills**

EDUCATION

**BLT wraps with avocado spread**

RECIPE

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**WELCOME**

## WE NEVER stop learning

My father was one of the smartest people I have ever known. He seemed to know a little bit about everything, and if he didn't know about it, he wanted to learn. All of this came from a man who only had a formal education through eighth grade.

As a teenager, Dad started working full time to help care for his family, and then he was off to serve his country in Korea. When out of the military, he married and started his own family. Life moved along quickly, but he never stopped learning.

Meanwhile, Dad continually encouraged me to focus on my education. He supported me to go to college, and he inspired me to continue to learn throughout my life. "Once you have an education," he told me, "nobody can take that away from you." How true.

Most all of us recognize that life's lessons are taught both inside and outside of classrooms, but there is something satisfying about taking a formal class, earning a certificate or completing a degree. It's about having an end goal, finishing something you started, accomplishing a dream. And it doesn't always have to be about getting some initials behind your name.

Mary wanted to learn how to play the guitar, so she signed up for classes at the local community college.

Bob sold his newspaper while in his 50s and decided to go to law school. He continues to be a practicing attorney today.

Lyle retired as the president of a successful company and signed up for culinary classes.

Denny decided to pursue his dream of teaching and took night classes to earn his education degree while continuing in his current job.

And Gladys, well into her retirement years, continued to attend industry conferences and earned her formal sales training certification.

All of these friends of mine saw the value in continuing their education. In this month's cover story, you will discover how others have sought to continue their learning opportunities. I hope their stories will inspire you to expand your knowledge as well.

Have a great month, and thanks for reading. ■

**SHANE GOODMAN**  
President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305

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**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Dan Juffer**  
Senior Advertising Account Executive  
515-953-4822 ext. 303  
dan.juffer@dmcityview.com



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# Class ACT

**Residents share why they continue to expand their horizons through learning**

**By Chantel Boyd**

You learn something new every day. Sometimes it's by accident, but sometimes it's intentional. Some continue their education out of necessity — to maintain a license, for example — while others enroll to further their career or launch a new one. Still others simply want to learn a new hobby or expand their horizons. Whatever the case, the thirst for knowledge knows no age limit or bounds. And plenty of opportunities — in person and online — are out there to quench it.

Meghan Kinney, known to many of her students as “Miss Meg,” with the occasional help of her daughter, Vaughn-Elise, who is 16, teaches watercolor painting at Create Adel.



## A master gardener

Kris Hinkeldey Plagman, who has lived in Adel for more than 30 years, works at Drake University, so education is a big part of her life. She recently took coursework to become a Master Gardener.

“Gardening is something I have always enjoyed, so I took the Master Gardener class through Iowa State University Extension,” she says.

The Master Gardener program is designed for anyone interested in gardening or horticulture, and the series of courses aims to inspire and educate. Expert gardeners from Iowa State, Cornell University, Jung Seed, Seed Savers Exchange, and the Iowa Department of Agriculture and Land Stewardship teach the courses.

Sessions cover various topics: edible plants, diseases, soil health, climate, cover crops, composting, pruning and canopy management, identifying and managing fruit and vegetable insect pests, seed saving and landscape design.

After taking the 12-week course and completing 40 hours of community service, Plagman received her Master Gardener designation.

“Anyone interested in learning more about flowers, gardens, trees, pest management and landscape design can take this course,” says Plagman.

“Gardening has been on my bucket list to learn more about it,” she says.

Her favorite part about the coursework was when she and her fellow Master Gardener group cleaned up the demonstration garden at Dallas County Fairgrounds this fall.

“I loved volunteering with others with the same interests and making our county more beautiful,” she says, adding she is glad she took the classes.

“I have learned so much more than I ever knew before and will continue to gain more knowledge over the years of attending more classes and working with others,” she says.

## Learning then teaching

Dusty Strunk of Adel attends Soulshine Yoga + Fitness classes, and she is so passionate about the courses that she has learned to teach them to other members.

As a Soulshine Yoga + Fitness member, Strunk has attended fitness classes at Cara Campbell’s studio since it opened in June. Late in October, the two talked about starting POUND classes at the studio.

“I told her I was interested in getting



Participants in the Master Gardener group cleaning up the Dallas County Fairgrounds are Kate Marple, Christy Jungman, Laura Hannam, Dick Christensen, Darren Baty, Lisa Gukeisen-Thielen, Chantel Boyd and Kris Plagman.

certified to teach this format,” says Strunk. “I asked if she would be interested in offering this class and hiring me to teach it. She matched my excitement immediately, so I signed up for my POUND certification.”

Strunk attended an eight-hour course virtually over Thanksgiving weekend.

“My course covered a great deal of hands-on participation and a good amount of reading and note-taking. I learned about the foundation and history of POUND, the format of the workouts, the choreography, movement spectrum options, safety protocol, etc.”

Strunk learned from certified instructors and attended the coursework virtually because participants and teachers were from around the world.

“My instructor was a certified POUND Icon from Wales, U.K., and the other participants were from all over the world, from New Jersey to Indonesia.”

Strunk says she wanted to take the course and get certified to teach it because it wasn’t offered in her area.

Strunk admits that teaching stretches her in multiple ways.

“It is outside of my comfort zone for me to consider teaching a fitness class, but I think POUND is a fun option to have available to the community, and if that means I need to step out of my comfort zone and learn to teach it to bring it here, then I’m more than happy to make that happen,” she says. “I’m excited to teach this one because of its focus on introspection, empowerment and mental health. It’s hard for us to find time to work out, relax, pause, breathe, etc. But I feel like it’s so important to find a way (and set aside time) to release stress.”



Dusty Strunk wanted to take POUND classes, but since none were offered locally, she learned it in a virtual class and now teaches it.

## Collaborative learning

Jodi Baier facilitates Spanish conversation classes for adults. She is a state-certified Iowa teacher for K-12 Spanish and ESL and 6-12 English. The participants include native speakers from Adel and surrounding areas, who help facilitate the conversations.

Community residents from Adel and surrounding areas, including West Des Moines, attend Spanish social hour to connect with others, build new skills, or work to develop a higher level of Spanish proficiency.

At the Spanish conversation classes for adults, there is a mix of new learners with limited Spanish experience and those who have previously studied Spanish in high school or college.

Conversational breakouts include meeting someone, food and drink, leisure activities, language basics, reading reviews and pronunciation.

“Participants are set up to continue their



## FEATURE

language learning at home with topic videos, reading resources and suggested apps,” says Baier.

Additional Spanish sessions cover topics such as traveling, medicine and business.

Baier ‘s favorite part of this coursework and the time spent with the people who attend the conversational classes is that everyone is there to learn.

“I love that adults want to continue to learn and expand their skills. Many indicated they hadn’t used Spanish for years, and it was exciting to see how much they remembered,” she says.

The course is modeled and organized so all experienced and new learners develop confidence talking to native speakers.

“This course also allows native Spanish speakers to share their culture and language. We have a great community of adults from many different backgrounds, and this is an opportunity to create a space for collaboration,” Baier says. “We all have access to hundreds of online learning apps, but the practical and in-person practice will help anyone who wants to be able to speak, read and understand Spanish at a higher level.”

## Helping others find their paths

Brad Baier, Jodi Baier’s husband, administers tests to adults who are looking to make career changes. Brad is a certified strength finder coach and certified practitioner of Myers-Briggs. Brad Baier created Winn Pathways, a private coaching business that administers Strength Finders and Myers-Briggs tests. The tests help people assess which potential career paths might best suit them.

The most popular demographic for Brad’s coaching business is high school students heading to college or post-secondary students exploring career pathways.

“During this interactive coaching session, clients are interviewed, and results and data interpretation of both Strength Finders and Meyers Briggs assessments are shared,” says Baier.

Baier says he enjoys seeing the test takers have a moment of clarity after reviewing their results.

“There is usually an ‘aha moment’ where impactful information and understanding of oneself is revealed,” he says. “This insight and self-awareness appreciation clearly shows how unique every individual is.”



Jodi Baier facilitates Spanish conversation classes for adults and Brad Baier helps people identify career paths that would suit them.

Baier likes that the tests he administers help coach people at career crossroads.

“I know that I am providing insight on research-based psychological tests and how that helps them make better career path decisions,” he says. “I take great joy in knowing that I am helping others lead a more fulfilling life through knowing themselves better.”

## Facilitating creativity

Kelly Pape and her husband, Kyle, own Noted Studios — a music, art and creative studio in

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Adel. Kelly also teaches piano, guitar, ukulele, voice lessons and group guitar and will be resuming classes in January after her maternity leave following having twins recently.

Noted Studios aims to “enrich lives through creativity and the arts” and to be a place “where talent is taught,” she says, adding “Everyone can be taught creative skills no matter their age or skill level.”

“Kelly and I enjoy using our talents and interests to teach others. We are deeply involved with music, language, arts, and anything in the creative world. It is a great joy to see our students, both young and old, develop their creative abilities. We hope to continue to serve Adel in these areas by providing lessons and classes,” says Kyle.

## Teaching painting

Meghan Kinney, known to many of her students as “Miss Meg,” with the occasional help of her daughter, Vaughn-Elise, who is 16, teaches watercolor painting at Create Adel. Students wanting to learn the art range in age from children to adults in their 70s.

Kinney started to Create Adel as a creative outlet.

“I know how important it is for there to be options outside of sports for kids to express themselves,” she says.

Kinney also teaches adults and hosts ladies nights out and company bonding events.

“I am on medical disability, so this gives me something to do that I absolutely love,” she says.

Spending time teaching art to kids and adults brings her joy, she says.

“I do my best to not charge much more than the supplies and keep things affordable,” she adds.

Kinney’s studio is in her converted one-car garage in Adel. Like all families, Meghan’s family constantly has projects happening, so the studio is a working studio with paint spills and things everywhere, which is OK by her.

“This is why we have chosen not to fuss and fuss over the studio aesthetics. There are always many projects in there at once,” she says.

Some students have been attending for more than five years.

## Learn about gardening

The Brenton Arboretum hosts a wide variety of fun and educational programs.

“Throughout the year, you’ll find plenty

of opportunities to explore The Brenton Arboretum and the natural world of Iowa through our seasonal programming,” says Executive Director Melissa Burdick.

The Brenton Arboretum has new 2024 adult classes and events coming soon. Many are posted now, but there will be more added in January. Some courses are for Scouts and school-aged children. Some are on horticulture and botany, beekeeping, or plant propagation.

“As an arboretum located in Dallas Center, we offer many programs. We offer painting, charcuterie board instruction, plant propagation, Earth Day activities, bird watching, and many others,” says Laura Myers-Hooten, rental coordinator.

Education for all different ages is a focus of the organization.

“We’ve found that adult education is quite different than youth education. It’s more about entertaining activities and experiences and straight-laced educational offerings,” says Burdick. “So we have started tailoring our adult continuing education to lean heavily on fun and engaging activities built around an educational and enriching core.” For information, visit [www.thebrentonarboretum.org](http://www.thebrentonarboretum.org). ■

# WHERE THERE'S A NEED THERE'S A LION



## MORE THAN \$50,000 GIVEN BACK LAST YEAR!

Are you looking to join a local group of service-minded men and women who volunteer to support the community every day? Become a member of Adel Lions Clubs - a respected international organization, a leader in the Adel community, and friend to people in need.

### Last year the Adel Lions Club donated to the following causes:

- ADM Fine Arts
- ADM Athletics
- ADM FFA
- Iowa Lions Foundation
- Leader Dog program
- Iowa Kids Sight
- International Lions Club Foundation
- Adel Boy Scouts
- Adel Girl Scouts
- DeSoto Betterment
- ADM Youth Softball
- ADM Strength and Conditioning
- ADM Scholarship Foundation
- ADM Student of the Month
- Dallas County Master Gardeners
- ADM Vision Fund
- Camp Hertko
- Tori's Angels
- Camp Courageous
- Iowa Lions Youth Exchange
- 9SW Care and Share
- ADM Student Council
- Adel Elementary
- Dallas County Conservation Scholarship
- Adel Historical Society
- Adel Sweet Corn Festival
- ADM After Prom
- Boy Scout Eagle projects
- Girl Scout Gold projects
- Adel Partner Chamber
- ADM school parking
- Adel Thanksgiving dinner

### Did you know?

The Adel Lions Club does the American Flags in Adel on special holidays!



For information on joining the Adel Lions Club, contact:  
Josh Shull at 515-577-5642 | [adellionsclub.org](http://adellionsclub.org)



## YOUR PARENTS had it easy

This year, the U.S. population will reach Peak 65. This is the point at which an estimated 12,000 people will turn 65 each day, according to U.S. Census Bureau. That means 4.4 million Americans will turn 65 this year. By the end of 2030, all baby boomers (those born between 1946 and 1964) will be older than 65. And those baby boomers have more responsibility than their parents did when it comes to saving for retirement.

My grandfather retired from a 40-year career at Ford Motor Company in the 1980s. With my grandmother, he traveled the country in an RV, living off his pension, Social Security, and a little savings. In the 1980s, 60% of private sector workers were offered a pension plan. By 2020, that number dropped to around 4%.

With fewer pensions, many have to rely on Social Security, their own retirement savings



and make lots of decisions. A married couple can have up to 81 options when it comes to electing Social Security. The difference between electing at 62 and 70 can be tens of thousands of dollars. The benefit is designed to replace 30-40% of income in retirement, but with an influx of retirees, many are concerned about the future of this “guaranteed” retirement income. If no legislative action is taken, Social Security reserves would be depleted by 2034. Lawmakers have suggested boosting tax rates on benefits, increasing payroll taxes, and changes to the annual cost-of-living adjustments are all options to shore up the funds.

With a pension, saving for retirement was pretty hands off for my grandpa. His employer made the contributions, managed the plan, then gave him a couple of choices about how he wanted to receive the money in retirement.

Today’s employee-sponsored plans, like a 401(k) or 403(b), require more work on your part. You have to choose the investments and contribution amounts. Then retirement hits,

and you have even more choices. Choices about how and when to spend and invest the money — all while keeping in mind your retirement tax bill.

Whether you plan to retire this year or in ten years, there are things you can do to maximize the money you’ve worked so hard to save. Working with a retirement planner can help you take the burden out of the decision making and put together a customized plan that will show you how you are going to invest, spend, pay for health care, and more so you can enjoy RV trips, time with grandkids or whatever is on your retirement bucket list. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: O’Connor, B. (2023, August 16). Over 12,000 Americans Will Turn 65 Every Day in 2024. Are You Ready?; Ultimate Guide to Retirement: Just How Common are Defined Benefit Plans?; March 2023 Summary: Actuarial Status of the Social Security Trust Funds

### What is the annual limit on a Roth conversion?

A. \$5,500

B. \$6,500

C. \$20,000

D. No Limit



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# BANWARTS are a hometown couple

Life in Adel brings joy to couple who both graduated from ADM.



Leslie and Bart Banwart built their home in 2015 on property owned by Bart's grandparents.

Leslie Banwart is a longtime Adel resident. In fact, she graduated from ADM High School in 1998 after moving to town six years prior.

After leaving the community for college and a career, Leslie and her husband, Bart (who's also an ADM graduate), decided to move back to Adel in 2004.

"We wanted to be close to our families and raise our kids in a small town," Leslie says. "We knew from experience that Adel was a community that stayed connected to one another. It was important for us to know our neighbors and be involved in our community."

The Banwarts built their current home in 2015, choosing to build on property owned by Bart's grandparents. Now, they live right next door to the house his grandparents lived in for many years.

Leslie's favorite part of the family's home is their custom-built entertainment center.

"Our home sits on the property where a line of walnut trees, planted by my husband's grandfather, used to sit," she shares. "The trees needed to be taken down, but our builder was

able to create our entertainment center from the lumber. It's a beautiful reminder of his grandparents."

Leslie also likes their neighborhood because of the people who live there.

"I know our neighbors, and they know my family," she says. "It's easy to stop and chat when we are out on a walk or hang out around a bonfire. I can ask them for favors and am happy to reciprocate."

In fact, Leslie says the community as a whole has friendly people.

"Whenever I am out and about, I see people I know," she shares. "I love shopping and dining in Adel. The school district is one of the best in the state — it's big enough for lots of opportunities but small enough for my children to be connected with their classmates and teachers. The relationships I have with so many individuals and families makes living in Adel a special place."

As a way to serve her community, Leslie is part of the Adel Public Library Board, is a reading teacher at ADM Middle School, and



volunteers at Restoration Church, where she teaches Bible classes.

"As a family, we are highly involved in lots of community opportunities," she adds. "My children are involved with school activities like marching band, football, basketball, baseball and officiating ADM basketball games. My husband is on the ADM School Board and is also opening his own tax and accounting business in Adel, starting January 2024."

Ultimately, the list of reasons the Banwart family is fond of Adel is long. After all, there's a reason they chose to plant their roots in their hometown. ■



# STARTING a business? Assemble your advisors

Have you been dreaming of starting a new business in the new year? Once you've fleshed out your business idea, done some research, and drawn up a business plan, you need to assemble a team of business advisors: an attorney, an accountant (preferably a licensed CPA), an insurance agent (backed by a strongly rated insurance company), and a banker who knows about commercial operations.

Meet with the banker first. Schedule an in-person meeting and bring notes and questions. Find out about checking, savings, and short- and long-term loans, including SBA and other government-backed programs. Make sure you learn how business banking is different from personal banking and what kind of cash downpayment requirements and personal guarantees may be required by the bank before it can loan you funds for your business.

Next, meet with the accountant. Be prepared to outline your business plan, capital funding, loan needs, the number of employees you intend to hire in the first few years, and your personal income needs. The accountant will educate you on the tax advantages or disadvantages between different types of entities and on which expenses are tax deductible.

Then meet with the attorney. Do not purchase online forms from a website to form your business entity. Those websites generally don't save you money and sometimes the documents are drafted incorrectly. The attorney-client relationship is one you will need as your business grows in the future, so it is wise to establish that connection now. The attorney is going to draft the formation documents for your new business, oversee the signing, and file the necessary forms with the Iowa Secretary of State and the IRS. The most common forms of new businesses today are Corporations and Limited Liability Companies (LLCs). Corporations are the more traditional

form consisting of shareholders (owners), directors (corporate managers), and officers (day-to-day operators). LLCs are newer, require a little less formality, and consist of members (owners) and managers (day-to-day operators). Both entities can qualify for pass-through tax entity status, but the LLCs are generally more flexible when it comes to varying the income between owners.

Finally, meet with the insurance agent and make sure your new business is fully covered with a commercial general liability policy and possibly an umbrella policy. Though the business entity itself offers some liability shield, your best first line of defense against any claim against your business will always be good insurance. ■

Scott Hall graduated from Drake Law School in 2008 and became a licensed attorney in 2009. He has lived in Adel with his family since 2014. Information provided by Scott A. Hall, Partner, Carney Appleby Law, 303 Locust St., Suite 400, Des Moines, 515-282-6803.





## OPENING A SMALL BUSINESS IN 2024 WILL REQUIRE PROPER PLANNING

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# 8 winter skin care rules for young children



- 1. Turn home temperature down and moisture up.** Hot dry air is hard on skin, sinuses and nasal passages. Turn the furnace down a few degrees and use a vaporizer to add moisture to the air. If using a vaporizer, clean often to prevent growth of bacteria or mold.
- 2. Moisture is not good everywhere.** Wet bums and drooly chins can cause irritation. Use barrier cream, such as diaper cream within the diaper but not on the face.
- 3. Seal the skin following a bath.** Pat, not rub, the skin. While still just a bit wet, add lotion to seal in the moisture.
- 4. Hydrate and eat right.** Drink lots of water and eat foods high in fatty acids such as beans, olive oil, walnuts and winter squash, that help their skin to stay naturally moisturized.
- 5. Teach good habits early.** Add moisturizer to their hands after washing with soap or using hand sanitizer. Encourage the use of lip balms. Have these things readily available, including in backpacks at school.
- 6. Keep baths short.** Hot water causes drying so keep the temperature lukewarm. A quick bath 3 times a week for newborns is plenty.
- 7. Get smart about soap.** Children don't need fragrant soaps. Formulations that are fragrance free are best, or try a soap-free cleanser. Body washes should not need to be scrubbed. Wash gently and pat dry.
- 8. Sunscreen is still needed in winter.** The sun can be harmful no matter what the temperature is outside. And, 85 percent of the sun's rays can be reflected by the snow. Protect young skin with a 30 to 50 SPF baby-safe sunscreen 30 minutes before heading outside.



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# EVENTS IN THE AREA

Be sure to check for cancelations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

## Wednesday Night Meal

Wednesdays, serving 5-6:30 p.m.  
Adel United Methodist Church,  
115 S. 10th St.

The Adel United Methodist Church is hosting a weekly Wednesday Night Meal in the fellowship hall downstairs. This is a freewill donation meal. All are welcome.

## Third Monday Bingo

Monday, Jan. 15, 6-8 p.m.  
Masonic Lodge, 411 S. 12th St.,  
Adel

Enjoy 17 bingo games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card). Packaged snacks and non-alcoholic drinks will be available. Bring a dauber if you have one. They will also be for sale.

## CITYVIEW's Fire and Ice

Jan. 20  
Historic Valley Junction, 137 Fifth St.,  
West Des Moines  
[fire-and-ice.dmcityview.com](http://fire-and-ice.dmcityview.com)

Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area.

## Dallas County Conservation events

To register for events, visit [www.dallascountyiowa.gov/conservation](http://www.dallascountyiowa.gov/conservation), click on "Public Programs" and scroll down to see program descriptions and to register. If you don't have computer access or need assistance, call the DCCB office at 515-465-3577.

### Voas Owl Prowl

Monday, Jan. 15, 9-11 a.m.  
Voas Nature Area, 19286 Lexington Road,  
Minburn

The common owls of Iowa can be located at night by mimicking their calls. The uncommon owls are found during the day roosting in cedar trees. Join the group to venture off trail looking for pellets, whitewash and feathers. The hope is to experience an "eye-to-eye epiphany." Registration required.

### Stargazing and Winter Constellation Stories

Kuehn Conservation Area, 32828 Houston Trail, Earlham  
Thursday, Jan. 11, 6:30-8 p.m.

Learn to build and read a star chart, measure distances in the sky to locate and identify common constellations and share a few of the sky's stories. Registration required.

### Iowa's Mammals

Monday, Jan. 15, 1-2 p.m.  
Forest Park Museum, 14581 K Ave., Perry

Ever wonder what beaver fur feels like? How big a black bear's ears are? Come find out as we explore the pelts of our native Iowa wildlife and learn what these animals are up to in the winter. This is an indoor program. Registration required.

### Life in the Dead of Winter

Monday, Jan. 15, 1-2 p.m.  
Voas Nature Area, 19286 Lexington Road,  
Minburn

Winter appears to turn Dallas County into a cold, desolate snowscape, yet life persists. Get your body moving on a hike to look for signs of life and discuss how some of our native plants and animals survive Iowa's winters. Registration required.

### A Conversation With an Owl

Wednesday, Jan. 24, 6-7 p.m. or 7:30-8:30 p.m.  
Thursday, Jan. 25, 6-7 p.m. or 7:30-8:30 p.m.  
Hanging Rock Conservation Area shelter house, Redfield

Meet DCCB's Barred Owl, Strix. Strix was rehabilitated after a wing injury and now helps teach people about owls. Participants will meet Strix during a naturalist-led conversation examining the owl species common to Dallas County, their adaptations to hunting at night and an introduction to their calls. To conclude, the group will go on an "Owl Prowl" hike to see if they can strike up a conversation with one of the local barred owls. Registration required. ■



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# MASONIC LODGE helps many in Adel

Monthly bingo helps fund community service.

The Masonic Lodge in Adel has a well-kept secret. No, it's not the location of King Solomon's treasure, as Hollywood movies would have you believe.

The secret is simply that most people don't realize how much the Masons do for the community.

Kim Jones is the lodge secretary and Skylar Watson serves as senior warden. Jones has been a Mason for more than 20 years and Watson for two. They provide some background on the group and its community involvement.

"We are the second oldest organization in Adel, so we've been here a while," Jones says. "Masonry, in general, is an organization of men who want to make themselves better by associating with good men. We're not trying to be better than anybody else, but better than we were yesterday. It's an ancient organization, probably the oldest fraternity in the world."

Whereas the Masons originally were all about building with stone and bricks, the Adel Lodge is focused on building character and community.

Watson shared some of the recent and upcoming community service projects of the Adel Lodge, including building a wheelchair ramp at a



Bob Grove of Edward Jones presents the Good Neighbor certificate to Kim Jones, left, and Ken DePue, right, with the Adel Masonic Lodge.

private home, food pantry drive, back-to-school drive, Bears for Cops, barbecue for first responders, coat drive, toy drive, holding a fundraiser for After Prom, donation to the school for the extra milk fund, and a first responders dinner.

Regarding the Bears for Cops program, which provides teddy bears, Jones explains, "We give, not just to police, but to the fire department and first responders. When there's a kid who has been through a traumatic experience, sometimes they just need something soft to hold on to."

"The goal that I have for next year is, every month of the year, to try to do some sort of community thing, whether that's collecting food for the food pantry or coats for school kids, or toys for Christmas, or organizing fundraisers, while still keeping our finger on what's going on in town and being able to respond to individuals in need," Watson says about 2024.

To help fund the various community outreach events, the Adel Lodge welcomes the public to play Bingo every third Monday from 6-8 p.m. at the lodge, 411 S. 12th St.

Watson and Jones share that the lodge welcomes men interested in joining the group. Currently, there are 83 members, and Jones noted that the membership list has been gradually growing. Generally, the lodge holds a monthly members' meeting on the first Tuesday, plus occasional special events.

Jones points out the lodge brings together men from all walks of life.

"The more members we get, the more of these kinds of things we'll be able to do," he says. "It's a great organization to build friendships. In Masonry, we blend together."

For more information, call Jones at 515-710-1970 or Watson at 515-971-0137. ■

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## SET the menu for a successful year

*(Family Features)* If your goals for 2024 include a healthier lifestyle and added nutrition, your mission is likely to start with a refreshed menu. Add a few newfound favorites to this year's rotation like wraps, salads and smoothies to power each day and propel yourself toward wellness success.

Planning and executing a more nutritious menu can often be thwarted by lunchtime cravings or busy weeknights that leave little time to cook at home. Rather than giving in to those takeout temptations, turn to easy recipes you can create yourself with just a few simple, on-hand ingredients.

Grab tortillas out of the pantry and a few favorites from the refrigerator to make these BLT wraps with avocado spread, which are perfect for meal-prepping weekday lunches or whipping up at a moment's notice for a family dinner. Bacon, a nearly unanimous favorite, teams up with a homemade avocado spread, lettuce and tomatoes for fresh taste without the hassle.

For a satisfying meal without leaving behind health goals, serve with a hearty salad or Spanish rice and banana peppers on the side. ■

### BLT wraps with avocado spread

*Servings: 4*

- 8 slices bacon
- 1 avocado, peeled and pitted
- 1/4 cup sour cream
- 1 lime, juice only
- 1/2 teaspoon hot sauce
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 4 flour tortillas
- 4 large red leaf lettuce leaves
- 2 large tomatoes, cut into 1/4-inch slices
- Spanish rice (optional)
- banana peppers (optional)

#### Directions

- In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside.
- In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth.
- Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll.
- Serve with Spanish rice and banana peppers, if desired.



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# REVITALIZE your health in the new year

## Pharmacy tips for a wellness makeover

As the calendar turns a new leaf, many individuals embark on a journey to prioritize their health and wellbeing. This new year, consider leveraging the expertise of your local pharmacy to kickstart a wellness makeover. Pharmacies are not just places to pick up prescriptions; they are valuable resources for comprehensive health management. Here are key strategies to revitalize your health in the coming year with a pharmacy-centered approach.



**1. Medication review:** Take advantage of the expertise of pharmacists to review your medications. Schedule a consultation to discuss your current prescriptions, over-the-counter medications and supplements. Pharmacists can provide valuable information on potential drug interactions, side effects, and offer guidance on optimizing your medication regimen for better effectiveness.

**2. Immunizations:** Stay ahead of preventable illnesses by ensuring your immunizations are up to date. Pharmacies often offer a range of vaccinations. There have been many changes and new vaccines available these last couple of years especially, so it's important to ask and make sure you are up to date. Keeping your vaccinations current is a proactive step toward safeguarding your health, especially during the winter months

when the risk of infectious diseases tends to be higher.

**3. Nutritional guidance:** Pharmacists can also offer guidance on maintaining a healthy diet. From over-the-counter supplements to dietary recommendations, they can provide personalized advice based on your health goals. Whether you're aiming for weight management or seeking to improve your energy levels, your pharmacist can be a valuable ally in crafting a nutrition plan tailored to your needs.

**4. Smoking cessation:** One of the most common New Year's resolutions is to quit smoking. If you're considering quitting smoking in the new year, pharmacies often provide smoking cessation counseling, nicotine replacement therapies, and ongoing support to help you overcome the challenges of breaking free from tobacco addiction.

In conclusion, your local pharmacy is a treasure trove of health resources waiting to be explored. By incorporating these pharmacy-centered strategies into your new year's health resolutions, you're not only taking proactive steps toward a healthier you but also leveraging the expertise of healthcare professionals dedicated to your wellbeing. Cheers to a healthier and happier new year. ■

Information provided by Jane Clausen, Adel HealthMart, 113 N. Ninth St., Adel, 515-993-3644.

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# MEET Hannah Mills

Finds it rewarding to see a student work hard toward a goal and succeed.

Although she has lived in Pensacola, Florida, and Carlsbad, California, Hannah Mills mostly grew up in Johnston. She attended the University of Iowa where she received bachelor's degrees in psychology and social studies education, as well as an all-social sciences endorsement. Now, Mills is with the Adel-DeSoto-Minburn Community School District as a social studies teacher at the high school. Mills says she likes working with the district because everyone is welcoming and kind.



Hannah Mills teaches social studies at ADM High School.

"As a first-year teacher, I have a lot of questions, and there is always someone who is willing to go out of their way to help me. This district also has very thoughtful and talented teachers that go above and beyond for their students every day, and I am very lucky to be in a position to learn from those teachers," Mills says.

Mills says she likes working with students at the high school level because she can teach both specialized subjects and the areas she is passionate about. She also enjoys conversations with her students. Mills likes learning about her students' interests and future plans and having more in-depth discussions and debates about the content they are learning.

"One of the biggest rewards is the relationships you make with your students. One of the best experiences you can have as a high school teacher is when a student decides that they trust you enough to open up to you. Knowing that they trust you and feel seen by you is very rewarding," Mills says.

She adds, it is rewarding to see a student work hard toward a goal and succeed.

"Watching them be passionate about a goal, working toward it, and then getting positive results is a great thing to experience," Mills says.

In her government class, Mills has presented fun projects such as Create Your Own Constitution. For this unit, students were given the task to establish a new government and a new set of principles for their country. Her government students have also participated in a Landmark Supreme Court Cases project in which they researched, in groups, a landmark supreme court case and then shared their findings with the class.

"This was a fun activity because students got to see how the rulings in these cases affect similar situations now and how, as high school students, they could affect them," Mills says.

Mills enjoys yoga, especially in the winter season, attending concerts, and exploring the Des Moines area where she tries new restaurants and shops. ■

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## HEALTH

By Alicia Fisher, PT, DPT

### HOW TO avoid injury in the winter

With winter comes the seasonal chores we are all accustomed to; however, there is an increase in the number of injuries associated with shoveling. The good news is that most of these injuries are easily preventable. These tips will help you remain injury free.



1. When lifting, lift with your legs and not your back.
2. Never bend and twist at the same time.
3. Don't bend while lifting. Instead of bending at the back to lift snow or heavy objects, bend your legs and then straighten them to lift, keeping the weight as close to your center of gravity as possible.
4. Remember to stretch your spine from time to time. Avoid staying in the same position for too long.
5. Make sure to warm up and stretch before engaging in vigorous activity.

Also, if you are going to participate in winter games or sports activities, please take the time to research your surroundings and arrange for protective gear for yourself and your family. Helmets should always be worn when playing hockey, skiing, ice skating, sledding and snowboarding. As always, don't forget the importance of a warmup and cool down. ■

Information provided by Alicia Fisher, PT, DPT, Core Physical Therapy Inc., 803 Cottage St., Adel, 515-993-5599.

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## HEALTH

By Leslie Herron

### ARE YOU ready for 2024?

With ringing in the new year comes those well-intended resolutions we all make (and break). A popular one is to quit smoking. Be encouraged. There may be a new weapon in your arsenal.



Physical addiction to tobacco reaches far beyond the urge for another cigarette. Withdrawal symptoms develop within a few days and involve irritability, anxiety, difficulty falling asleep, high blood pressure, headaches and depression.

They may linger for up to several weeks. If the period of withdrawal were easy to overcome, smoking addiction wouldn't be a global health problem. To be successful, a smoking cessation plan must address both the physical addiction and the withdrawal symptoms.

Recently, CBD has been making big headlines in medical research journals for its role in smoking cessation. CBD has a versatile therapeutic profile. People use it to relieve a wide range of conditions including pain, anxiety, muscle spasms, tremors, seizures, sleeplessness, autoimmune conditions, neurodegeneration, dementia and more.

CBD interacts with the human endocannabinoid system (ECS), which maintains homeostasis throughout the body. The ECS controls essential functions including pain perception, sleep cycles, stress response, blood pressure, body temperature, mood, memory and more.

Managing these withdrawal symptoms is one of the most important elements of quitting smoking cigarettes — and CBD seems to fit. ■

Information provided by Leslie Herron, Sumpter Pharmacy, 628 Nile Kinnick Drive, Suite 1, Adel, 515-993-1119.

## LAWN CARE

By Kevin Johnson

### WHAT'S the difference?

As I interact with our customers and potential customers, many will ask me, "Why should I pay more for your services? I can get the same thing from X, Y or Z at a lower price."

The founder of our company would normally state: "The most expensive lawn care is achieved when you pay any amount of money and get no results!" What truly matters should be, "Did you receive the best results for the amount of money spent?"



Most lawn care clients are normally paying \$300-500 per year depending on the size of the lawn. Doesn't it make sense to meet with your provider and have some of your most basic questions answered? Here are a few important questions you should ask:

- Has the company measured your lawn correctly?
- How long has the company been in business?
- Is the company licensed, insured and its applicators certified?
- Will the company utilize products designated by the EPA as reduced risk for the environment?

- Do they offer a guarantee of satisfaction?
- Do they make applications in an environmentally safe manner?

Any provider should be able to answer these basic questions to your satisfaction. Price alone does not guarantee good results. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.

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## HEALTH

By Paul Guerdet

### THE JOYS of novelty

We're hitting that time of year when the temperature drops and we all start to settle in for winter. It's easy this time of year to fall into routines and go on autopilot from day to day. This isn't necessarily a bad thing, but, after a while, we do have to be careful with how routine can affect our mood. After a while, having the same daily routine can dull our mood and leave us more susceptible to the winter blues. If you find yourself feeling this way, it may be time to add a bit of novelty to your life.



When I talk about ways to add novelty into your life, it's important not to overthink it, something many of us are guilty of. Adding novelty to your day-to-day life just means to try something new, something different. Novelty could be something as simple as taking a different way to or from work or going to a new restaurant or coffee shop that you've been wanting to check out. Small changes to our daily pattern can allow us to have new experiences, which our brains tend to crave and help us to stave off those winter blues. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [guerdet@sstherapyandconsulting.com](mailto:guerdet@sstherapyandconsulting.com).

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## LIBRARY

By Olivia Osborn

# ADEL Public Library news

We would like to thank everyone who participated in our Giving Tree fundraiser. All of the donations we received will help us continue to provide free programming for our community.

### Storytimes

Storytimes are back. We are also launching a new program to get you and your little ones out of the house in the winter to play and socialize. Find more information about Winter Playtime below.

- Winter Playtime, ages 2-5, Jan. 5 and Jan. 19, 9-11 a.m.
- Dallas County Conservation Storytime, ages 3 and older, Jan. 8, 10 a.m.
- Move & Groove Storytime, ages 5 and younger, Tuesdays at 10 a.m.
- My First Storytime, ages 0-35 months, Wednesdays at 9:30 a.m.
- Preschool Storytime, ages 3-6 years, Thursdays, beginning Jan. 11 at 10 a.m.
- Elephant and Piggie Party, preschool through second grade, Jan. 20 at 10 a.m.

### After school programs

Bored after school? Not anymore. Check out all of the awesome programs we have coming up.

- \*Teen Nerf Battle, grades 6-12, Jan. 5, 2-4 p.m.
- \*Elementary Fun: Minute to Win it Games, grades K-5, Jan. 9, 4 p.m.
- Teens Create: Bullet Journal, grades 6-12, Jan. 11, 4-5:30 p.m.
- \*STEAM with ISU Extension: Tricky Towers, grades K-5, Jan. 16, 10 a.m.
- Teens Game: Chess, grades 6-12, Jan. 18, 4 p.m.
- \*Elementary Book to Art: Marshmallow Snowflakes, grades K-5, Jan. 23, 4 p.m.
- Teen Hang Out, grades 6-12, Jan. 25, 4 p.m.
- \*Library D&D, grades 7-12, Jan. 26, 2-4 p.m.

### Adult programs

Did you know we have programs for adults, too? We have book clubs, Iowa History programs, exercise groups and more.

- Exercise Group, Monday through Thursday at 9 a.m.
- 50s Plus Senior Gathering, Jan. 16, 10 a.m. to 1 p.m.
- \*Yoga at the Library, every Wednesday in January, 5:45 p.m.
- Iowa History 101: The Precinct Caucuses: Iowa's Role in Presidential Nominations, Jan. 11, noon.
- Brown Bag Book Club, Jan. 11, noon
- Cook Book Club, Jan. 17, 11 a.m.
- Homeschool Meet-Up, Jan. 22, 9-11 a.m.
- Evening Book Club, Jan. 25, 6 p.m.
- \*Programs with an asterisk require registration. You can easily register at [adelpl.org](http://adelpl.org).

The Adel Public Library has received funding from Humanities Iowa, a private, nonprofit, to host a presentation called Adult Speaker Series: Iowans Who Fought Against the Union by David Connors on Jan. 16 at 10 a.m. in the library community room. A cultural resource for Iowans since 1971, Humanities Iowa offers cultural and historical programs and grants to Iowa's communities. This program is also brought to you by the Historical Society of Iowa and is free and open to the public.

Please note that the library will be closed Jan. 15 for Martin Luther King Jr. Day. ■

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# GROWING a missionary heart

Sometimes we have the idea missions should only interest missionaries.

But I want to submit to you that every follower of Jesus is called and commanded to carry a missionary heart that reflects God's heart.

Jesus said it this way, "Go into all the world and preach the Good News to everyone, everywhere" (Mark 16:15).

Living out this command means understanding that worldview and language are two primary barriers between many people today and Jesus. Interestingly, this hasn't changed in 2,000 years. In Acts 17, Paul was in Athens, Greece, where he did a self-guided tour of the city noting all the various altars and idols to numerous gods. He was deeply troubled by this, so he started conversations with people in the Jewish synagogue, in the town square, and



with the local thinkers (Acts 17:16-18).

This resulted in a speaking opportunity before the Areopagus where Paul masterfully built a bridge between a biblical worldview and the Athenian worldview. He figured out a way to speak their language so they could understand his message. You can check out Paul's incredible message in Acts 17:22-31.

What does all this have to do with you today? First, I hope you want to be a person God uses to make an eternal impact. If so, reaching people must include figuring out how to build connections with the people around you and learning how to speak their language. In closing, here are some ideas for how to do this:

First, build bridges and not walls. This means being intentional to ask questions, seek to understand where people are coming from and what they think about.

Second, use what I call the Middle School Rule... share your faith in a way a middle school

student can understand. Another powerful idea is to share your testimony of how the Lord has worked in your life.

Next, and most importantly, pray. Reaching the unreached is not something we do, but something He does through you. Pray for the person you know, the person you love, and watch God do what only He can do.

Finally, I have one more idea for you. I want to invite you to the Missions Course hosted by New Hope Church starting in January. Over the span of six weeks, the leading experts on missions from around the country will be flown into Adel to provide training and encouragement. Each of the six training sessions includes dinner, childcare, and kids classes using cutting edge virtual reality to teach youth about missions. To learn more or sign up, use the QR code below. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, office 712 Cottage St., Adel, 515-993-5325, [www.newhopeadel.org](http://www.newhopeadel.org).



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## TEAM Lucht

### RE/MAX Precision

As real estate agents, Team Lucht is all about promoting and selling Adel, De Soto, Minburn and rural Dallas County. It's a big area to cover, but Team Lucht can vouch for the area, as they live and work in Adel.

Amy Lucht has been with RE/MAX since 2005. Team Lucht with RE/MAX Precision was established in Adel in 2013 and consists of husband and wife, Amy and Tyler Lucht, both agents.

Lacey Cornwell assists with clients and communications. All three are based in Adel.

The Luchts say they chose Adel since they were avid bicyclists, and living close to the bike trail was enticing. Amy wanted to grow and promote the bike trail, so she and Tyler joined the Adel Partners Chamber of Commerce.

Amy served on the Raccoon River Valley Trail Association board and the Adel chamber board. Soon after, her commitment to Adel soared.

"It snowballed after that. I served on the economic development commission, planning and zoning committees and with the parks and rec department," she says. "It all started out because we loved the bike trail and wanted to see it grow."

The chamber also provided opportunities for networking with others. "The chamber served as a platform to meet other like-minded entrepreneurs," says Amy. "It's a great way to stay connected."

Their first goal in joining the Adel chamber was to meet people. Over the years, they've formed partnerships with other local business owners.

"The chamber is like the host of the party," says Amy. "You need a lot of attendees, but you need a good host, too."

When the COVID pandemic hit, there were challenges for the team. The chamber assisted by posting information about businesses on their website.

"We used it as an opportunity to learn new processes," says Amy.

Team Lucht has partnered with other business owners. For example, to cross promote and support businesses, they've offered gift packages consisting of local items.

Amy feels their commitment to the community has helped grow their business.

"I always tell people I focus on the 'who.' Some people focus on the 'what' or 'where.' We spend about six months with our clients, and we want to be surrounded by great people," she reflects. "Even if we come as strangers, we leave as friends."

She recommends people join the Adel Partners Chamber of Commerce — especially those doing business in the Dallas County area.

"Members promote each other — not just to rely on the chamber, but to make each other better. Getting involved and showing up is the most important aspect," Amy says. ■



Team Lucht: agents Amy and Tyler Lucht and assistant Lacey Cornwell.

# Adel

Grow your business here.

"Being a member of the chamber has helped me **be actively invovled** in our community."

**Denise Walter**  
Insight CPA



**Adel** PARTNERS  
CHAMBER OF  
COMMERCE

chamber@adelpartners.org 515-993-5472 adelpartners.org



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on the Square



813 Main Street

adelvisionclinic.com

Monday-Friday 9am to 5pm

Information provided by Adel Partners Chamber of Commerce,  
301 S. 10th St., Adel, 515-993-5472.



# SIP & Sample

More than 30 Adel businesses opened their doors for the Adel Chamber of Commerce Holiday Sip and Sample on Dec. 1.



Lily Campbell and Cara Campbell, Soulshine Yoga + Fitness



Jodi Kuhse and Aiden Juffer, Luellen Chiropractic



Matt Roundcount, Uptown Vintage Market



Kevin and Lori Howe, RE/MAX Realty



Jennifer and Kenny Devaughn, Adel Barbershop



Allison Kleis, Karlton Kleis and Andrew Kleis, Insight CPA



Denise Walter, Chris Short and Chris Oberreuter, Insight CPA



Knights of Columbus



Adel Vision Clinic



Nathan Matta, Mindy Wells, Stephanie Haas and Shawna Jackson, Matta Family Dental



## OUT & ABOUT



The Adel Partners Chamber of Commerce held a ribbon cutting for Central Iowa Vapors on Nov. 28 in Adel.



Corey Halfhill and Ashley Hartman at Central Iowa Vapors on Nov. 28 in Adel.



The Adel Partners Chamber of Commerce held a ribbon cutting for Domino's Pizza in Adel on Nov. 28.



Brian Bower and Joey Staatz at Domino's Pizza in Adel on Nov. 28.



Members of the new ADM Middle School Show Choir performed at the Adel Kiwanis Club weekly meeting at Patrick's Restaurant in Adel on Dec. 5. The Club donated \$1,500 to the group.



Adel Kiwanis member Eric Sheppers presented certificates to the Adel Kiwanis Students of the Month, Ryan Entriken and Hanna Grossman, at the Dec. 12 club meeting at Patrick's Restaurant in Adel.



The Adel Lions Club donated \$5,000 to the ADM Schools Kids Backpack Program organized by the Adel Food Pantry. Participating in the check presentation are Dawn Flora, Lions Club President Scott Jungman, and Carole Erickson-Schepers.



Members of the Sixth Grade Choir sang the "Star Spangled Banner" before the girls varsity basketball game vs. North Polk in Adel on Dec. 12.



**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

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MANUFACTURED HOMES, (2024, Vinyl/ Shingled. 2Br start at \$39,999). (16x80) (3Br- 2Ba.) \$68,999. (28X64) (4Br-2Ba) \$79,999. Delivered Factory-Direct, E. Of I-35, North of I-80, to Minnesota Border. 319-239-1920. (mcn)

## WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

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CASH FOR CARS! We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-877-978-2510. (mcn)

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 844-913-2887. (mcn)

Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Make a tax-savvy move this holiday season and year-end! Donate your car, truck, boat, RV, and more to champion our veterans. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax deduction. Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

## CABLE/INTERNET

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

FREE high-speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-866-443-3789. (mcn)

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## FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

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dures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https://www.dental50plus.com/midwest#6258 (mcn)

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## HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971(mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

## MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

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Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

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Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706 or visit dorranceinfo.com/ Midwest (mcn)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in time-share debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

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Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

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Water damage cleanup & restoration: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809 (ACP)

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Prepare for power outages today with a Generac Home Standby Generator. Act now to

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Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. Limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 12/31/23 Call 1-844-501-3208 (ACP)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-888-2038. Be ready with your zip code to connect with the closest provider. (ACP)



# JANUARY 2024

## UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, January 9th**, at 6:00 p.m.
- **Monday, January 22nd**, at 6:00 p.m.
- **Tuesday, February 13th**, at 6:00 p.m.

For additional meeting dates/times, or meeting information; please visit our website [www.adeliowa.org](http://www.adeliowa.org) or visit our Facebook page. \*with impending construction work to be done at City Hall, meeting location may change to the Adel Library Community Room as needed\*

## REMINDERS & CLOSURES:

- **Wednesday Jan. 3rd and Tuesday, Jan. 9th:** Christmas Tree Collection - Please remember to remove everything from your tree before setting it out at the curb. Wreaths and garland should be thrown away.
- **Monday, January 15th:** City Hall will be closed for staff in-service day. Garbage services will remain on schedule for the week.
- **Monday, February 19th:** City Hall will be closed in observance Presidents' Day. Garbage services will remain on schedule for the week.

## GET TO KNOW...

**What is your title?**  
Parks and Rec Laborer

**What is your past work experience?**

I worked for the city of Clinton for 2 years in the parks department and before that I worked at Rockwell Collins for 7 years.

**How long have you been working for City of Adel?** I have been working for the City of Adel for 2.5 months.

**What are you excited about for your department's future plans?** I am excited to help with future projects in our department. I'm looking forward to adding onto the bike trail system in Adel. I think the bike trails are a huge benefit of living in town.

**What is a hobby you enjoy?** I enjoy racing motocross, hunting, and coaching. I have coached wrestling for 10 years and I coached cross country for 3 years.

**Anything else Adel should know about you?** I love running. I try to run a marathon or 2 every year.



**COLE PRICHARD**

## PARKS & RECREATION UPCOMING ACTIVITIES:

For Adel Parks & Recreation Programs: Please register online at [adel.activityreg.com](http://adel.activityreg.com).

**MUSIC CLASS FOR TOTS** - We have partnered with Music Class for Tots to bring music education classes for children ages birth through pre-K with parent(s) to Adel. Classes are held on Mondays 5:45 - 6:30 pm Jan. 8th - Feb. 12. Class is limited to 15 families. To register go to: [www.musicclassfortots.com/adelmusic](http://www.musicclassfortots.com/adelmusic)



**OPEN GYM** - Recreational open gym time is a great opportunity to get out of the house during the cold months. Come out and walk, run, play basketball, shuffleboard and socialize. This is a free program held on Monday, Wednesday, and Friday mornings from 9 - 11 am at ADM District Administration Center Gym.

**YOUTH BASEBALL & SOFTBALL** - It is that time of year again, to start thinking about youth baseball and softball signups. Leagues start in mid-April & May. Registrations can be completed online by visiting [adel.activityreg.com](http://adel.activityreg.com)

**2024 SUMMER AQUATIC CENTER STAFF** - Acceptance of applications for Lifeguards, Admissions/Concessions and managers has begun. Applications can now be filled out online by visiting [adeliowa.org/employment-volunteer-opportunities/](http://adeliowa.org/employment-volunteer-opportunities/). If your son or daughter wishes to become a Lifeguard, he or she MUST have a current lifeguard certification. Contact [rdillinger@adeliowa.org](mailto:rdillinger@adeliowa.org) for questions or assistance in locating training sites.

**SNOWMAN CONTEST** - Start thinking of a masterpiece you are wanting to create once the snow falls. Then bundle up and head outside to build your best snowman. Take a picture of your creation and submit it to Ramona at [rdillinger@adeliowa.org](mailto:rdillinger@adeliowa.org). All snowmen will be featured on our Facebook page and a prize will be awarded to the most creative snow sculptor! Deadline is March 4.

## SNOW AND ICE CONTROL - SNOW REMOVAL POLICY:

Here's the "snowdown" on some helpful tips to remember in the coming months:

**Snow parking:** It is unlawful to park any vehicle on any street or alley during a snow removal period. The ban continues from the beginning of snowfall until 24 hours after the snowfall ends. Residents should be aware of weather conditions and not park on City streets if there is a possibility of overnight snow.

**SIDEWALKS:** Snow removal from sidewalks is the responsibility of the property owner. You have 24 hours after the snowfall to clear your sidewalk. Please pile the snow on your yard and not in the City street. (A helpful hint for residents: clear your sidewalks after the snowplows have finished plowing to the curb. If you fail to clear your sidewalk, the City may do so and bill you.)

**SNOWMOBILES:** From November through March, snowmobiles may be operated on the Raccoon River Valley Trail between 7:00 a.m. and 10:30 p.m. The speed limit is 10 mph.

**MAILBOXES/FIRE HYDRANTS:** Residents are responsible for clearing snow around their mailbox to assure delivery of mail and that their mailbox is properly installed behind the curb line. The Fire Department requests property owners who have a hydrant to clear snow away for easier access.

For more information please visit the City of Adel website at [www.adeliowa.org](http://www.adeliowa.org) to view a FAQ flyer

## CITY COUNCIL RECOGNITION



Dan Miller served on Adel City Council for 5 ½ years. Thank you for your service, Dan!

## CITY HALL

Administration  
Public Works  
Compliance Officer  
Parks and Recreation

301 S. 10th St.  
P.O. Box 248  
515-993-4525

M-Th 7:30 a.m. - 4:30 p.m.

F 7:30 a.m. - noon  
[www.adeliowa.org](http://www.adeliowa.org)

## PUBLIC SAFETY Police and Fire Depts.

102 S. 10th St.  
P.O. Box 127  
515-993-6723

M - F 8:30 a.m. - noon and  
12:30 p.m. - 4:30 p.m.

**EMERGENCY - DIAL 911**

## LIBRARY

303 S. 10th St.  
515-993-3512

M-Th 9 a.m. - 6 p.m.

F 9 a.m. - 2 p.m.

Sat. 9 a.m. - 1 p.m.

[www.adelpl.org](http://www.adelpl.org)

## UTILITY PHONE PAYMENTS

866-229-7831

## OTHER NUMBERS

Aquatic Center  
515-993-5246

Ankeny Sanitation  
515-964-5229

S. Dallas Co. Landfill  
515-993-3148

## ADEL CITY COUNCIL

Mayor James F. Peters  
515-993-4436

Mayor Pro Tem  
Shirley McAdon

515-993-4862

Bob Ockerman  
515-238-9835

Jodi Selby  
515-657-1315

Rob Christensen  
515-478-3260

James West  
515-402-9378

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Wrinkle Control.

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**515-993-4287**



[www.adelwintersettv.com](http://www.adelwintersettv.com)

**224 Highway 92, Winterset**  
Mon-Fri 9-5, Saturday 9-2  
**515-462-2939**